

PREVENTIVE CARE FOR YOUNG CHILDREN

3-4 YEARS

Nutrition and feeding

- ★ Offer 3 meals/3 snacks each day
- ★ encourage 5 servings fruits/vegetables each day
- ★ can serve low fat or skim milk
- ★ caregivers responsible for providing food; child responsible for what and how much is eaten
- ★ avoid high fat/high sugar foods
- ★ do not use food as a punishment or reward
- ★ continue to supervise meal time
- ★ nutritious-snacks; pudding, low fat ice cream, yogurt, graham crackers, fruit, oatmeal cookies, low fat cheese, bagels, cereal, toast
- ★ encourage child to help in planning & preparing meals & snacks

Growth and development

- ★ likes to draw, paint, & to tell stories and events of the day
- ★ imitates and models caregivers
- ★ helps to set table, pick up toys; sense of order
- ★ builds tower of 10 blocks; likes to hammer
- ★ knows fantasy from reality
- ★ gives first and last name
- ★ hops, jumps on one foot
- ★ rides a tricycle or bicycle with training wheels
- ★ does simple chores at home
- ★ begins dressing self

Safety and injury prevention

- ★ use car seat for children under 40 pounds, if the vehicle has a lap/shoulder belt in the rear seat use a boost or seat that positions the lap/shoulder belt correctly; is everybody using seat belts?
- ★ the back seat is the safest place for children to ride
- ★ avoid guns in home; lock ammunition in separate place from gun; avoid toy guns and shooting aimed at people
- ★ assure smoke free environment
- ★ use smoke detectors and test periodically
- ★ teach animal safety re: unknown animals; don't run to or from animals or try to stop a dog or cat fight
- ★ teach child not to talk to strangers or get into a stranger's car
- ★ continue to teach water safety; never leave unsupervised
- ★ turn handles of pots to back of stove
- ★ use helmet when riding on a tricycle or a bike with adult
- ★ avoid too much sun exposure; use sun block
- ★ keep Ipecac on hand; know Poison Control number 1-800-Poison-1 (1-800-764-7661)
- ★ check expiration date on medication

Preschoolers enjoy

- ★ large crayons, finger paints, scissors, paste
- ★ songs and rhymes
- ★ picture books; puzzles and sorting games
- ★ "pretend cooking"- measuring and pouring
- ★ being read to, singing
- ★ trips to the zoo, park, leaf collecting
- ★ interacting with peers
- ★ participating in health exam and history
- ★ lots of praise

(3-4 years, continued)

Health teachings

- ★ supervise regular tooth brushing; use pea-size amount of fluoridated toothpaste
- ★ distract child if still sucking fingers/ thumb
- ★ see dentist every 6 months
- ★ learn CPR and first aid
- ★ set limits, use distraction, gentle restraints, timeout (1 min./year of life) for unwanted actions
- ★ use correct terms for all body parts
- ★ explain "good touch, bad touch," "secret" touching
- ★ don't smoke around child
- ★ avoid over-the-counter drugs without doctor's advice

Family issues

- ★ explore alternate child care opportunities
- ★ spend individual time with each child
- ★ limit television time and watch selected shows or videotape together
- ★ work together for consistency in discipline and limits
- ★ ensure that each family member has health checkups
- ★ parents set good health examples
- ★ violence potential; handle anger appropriately
- ★ watch for neglect or abuse
- ★ may need extra support, e.g., divorce, disability, income issues, grief, transportation
- ★ may need additional child care services
- ★ exercise together as a family

REMEMBER: *Everyone wash hands*
(Adults and Children)

Questions? Contact:

- ✎ Local Community Health Services Office
- ✎ Local Family Resource List
- ✎ Head Start
- ✎ Resources for Family - Provider Information Line 1-800-529-5000
- ✎ SD Department of Health 1-800-738-2301
- ✎ Health Care Provider